



Acton Senior Bulletin



November 2011

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.acton-ma.gov. Go to Government, then down to Council on Aging.


► Queen Elizabeth Performance

Tuesday, November 15th, 1:00-2:00

Muriel Dyas of Herstorically Speaking is returning to the Senior Center to present a one-woman show portraying the woman considered England's greatest monarch, Queen Elizabeth I. Her arrival to the throne was a precarious journey through many stepmothers and half siblings. Her reign witnessed the expansion of the British Empire to include North America and the accomplishments of playwrights such as William Shakespeare. Her greatest hour was the defeat of the Spanish Armada, finally placing England as a European stronghold. See why the Virgin Queen, Glorianna and Good Queen Bess became her nicknames during her 44 year rule. When you register, indicate if you are also attending the Thanksgiving luncheon preceding the performance.


► Senior Resource Fair

Thursday, November 17th 12:30-2:00

 Stop by the COA's first Senior Resource Fair to learn about services offered in the Acton community which can help maintain or improve your quality of life. Have you ever wondered what tax relief programs are offered in Town? Or, what services are available to those with hearing or vision loss? Would you be interested in having a high school student help with some outside chores? Meet representatives from organizations who will discuss services and answer questions you may have. Some groups participating include: Acton Assessor's Office, Acton Housing Authority, Minuteman Senior Services, Mass Relay, Cooperative Elder Services, Acton Public Nursing Service, MA Commission for the Hard of Hearing, ABRHS Students Supporting Seniors, and more! Stop by! Refreshments will be served.

► Holiday Tea Party

Thursday, December 8th, 2:00-3:30

 We are bringing out the beautiful china teacups for the annual holiday tea party! Join us for a cup of tea or mulled cider, tea sandwiches and sweets. Entertainment will be provided by harpist Rebecca Swett. The party is free for all Acton seniors, and men are most welcome! Snow date is Friday, December 9th, at 2:00.

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Director's Corner

We are heading into a very busy time of year. Please read the newsletter carefully this month and make note of some important dates. Information on Medicare, flu shots, fuel assistance, the Friends' annual craft fair, the 2020 Committee public meeting and much more are detailed inside.

This time of year we often reflect and give thanks. I am grateful for the seniors in this community. Their work and dedication have made Acton the amazing town it is today.

Wishing you all a Happy Thanksgiving. Sharon, COA Director



The COA will be closed on Friday, Nov. 11th, Thursday, Nov. 24th and Friday, Nov. 25th.

Registration for all classes/programs begins in person or by phone Monday, October 31st at 1:00.

UPCOMING PROGRAM HIGHLIGHTS

FOR NOVEMBER.....REGISTRATION BEGINS MONDAY, OCTOBER 31st at 1:00

► **Healthy Meals in a Hurry Cooking Demo**

Friday, October 28th, 1:00-2:30

Call soon as registration began last month for this program.



It's 5 p.m. - do you find yourself wondering what to make for dinner? Are you tired of preparing the same meals night after night? Join Stephanie Shenton for a hands-on cooking demonstration, and find out what other healthy options you could be making! Stephanie is a certified wellness coach, nutritional counselor, and former baker at Nashoba Bakery. She has an M.S. in Nutrition from Simmons College and is a certified HeartCoach. She will need a few assistants - so come prepared to help chop and dice!

► **Medicare Open Enrollment Dates Have Changed!**

Thursday, November 10th, 1:00-2:00

Call soon as registration began last month for this program.

Medicare open enrollment comes earlier this year! It ends December 7th. Changes to the Medicare prescription drug and health insurance plans are also happening. For example, enrollees will now be entitled to an annual Medicare wellness exam. And when in the donut hole this year, enrollees will pay 50% of brand name drug costs. A representative from the SHINE program at Minuteman Senior Services will present all the Medicare changes for this year and answer any questions. SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling.

Stress Relief

Tuesday, November 22nd, 11:15-11:45

Join Linda Cullen, RN of Acton Nursing Department for some helpful tips on stress management and stress relief. You will leave the program with some useful strategies to ward off stress!

► **When the Heart Aches: Coping with Loss**

Thursday, December 1st 12:30-2:00



Grieving during the holiday season can be particularly difficult. Join Allene Riley Kussin, MA, LPC, as she brings words of hope and healing to those coping with the loss of a loved one. She will explore the "new normal" condition of loss with participants. Allene has over 20 years experience as an educator and psychotherapist.

► Indicates that you must register in advance!

CLASSES

FOR NOVEMBER.....REGISTRATION BEGINS MONDAY, OCTOBER 31st at 1:00

► **Holiday and Winter Scene Greeting Cards with Cynthia Durost**

Wednesdays, November 30th and December 7th, 9:00-11:00



Use a variety of materials to create unique and special holiday designs or winter scenes for your family and friends. Supplies to bring: watercolor pad, colored pencils or watercolor pencils. You may also bring old holiday cards with your favorite design for inspiration. Envelopes and markers will be provided. Open to people of all abilities; stencils are available for those who do not want to draw free-hand. Come, create and have fun!

► Indicates that you must register in advance!

Senior Center Art Exhibits

November continues Sue Whitcomb's watercolor exhibit in the living room. Ms. Whitcomb drew birds at an early age and has studied a variety of artistic media throughout her life. Her keen observation of nature and skill as a master gardener are reflected in this exhibit which includes landscapes, wildlife and charming domestic animals. Please call the COA office for viewing times.



TRIPS



FOR NOVEMBER.....REGISTRATION BEGINS MONDAY, OCTOBER 31st at 1:00

► **Freeport Maine Shopping and Lunch at Harraseeket Inn**

Tuesday, November 1st, leave NARA Park at 8:00

Call soon as registration began last month.



Start your holiday shopping early with a day in Freeport, home of LL Bean! Upon arrival you will have about an hour to shop, then will meet at the Harraseeket Inn for an 11:30 lunch, with more time for afternoon shopping. The bountiful buffet offerings vary, but typically include salad, soup, artisan cheeses, multiple entrée options (such as porcini rubbed hangar steak, crab cakes with remoulade, brick oven pizza), hot vegetables, fresh fruit and multiple options for dessert. Freeport

has a vast array of shops and outlets including Clark's, Coach Outlet, the North Face, Yankee Candle, Lindt Chocolate, as well as LL Bean's flagship store, factory outlet and hunting/fishing store.

Depart: 8:00 a.m. from NARA Park Upper Fields Lot. Approximate return time: 6:00

Cost: \$47 due now, includes lunch, coach bus transportation (w/restroom), gratuities

► **Massachusetts Horticultural Society's Festival of Trees**

Tuesday, December 6th, leave NARA Park at 10:00



Get in the holiday spirit by viewing the Massachusetts Horticultural Society's 2nd Annual Festival of Trees at Elm Bank Reservation in Wellesley. There will be over 50 spectacularly decorated trees in a very festive environment. You may purchase raffle tickets if you want a chance to win a tree (one is covered in gift cards!). After the festival we will have lunch at Grassfield's in Waltham, which you will pay for on your own. Entrees include steak tips, chicken teriyaki and crabmeat pie, averaging \$10 each, as well as salads, burgers and sandwiches. We will be taking a large van for this trip - no rest room on board.

Depart: 10:00 a.m., NARA Park Upper Fields Lot. Approximate return time: 2:30

Cost: \$13 due by November 22nd, includes festival admission and van transportation. Lunch is an additional cost.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: Friends of the Acton COA. Drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. **Parking for trips is at NARA Park in the Upper Fields Parking Lot, unless otherwise noted.** Take Main Street/Route 27 North, left on Quarry Road, the Upper Fields lot is the second lot entrance on the right.
5. Call COA Director, Sharon Mercurio, at 978-929-6652 for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

► Indicates that you must register in advance!

SENIOR CENTER CLINICS

in conjunction with the Acton Public Health Nursing Service

Podiatry Clinic: Tuesday, November 8th, 8:20-11:00 with Dr. Sandra Weakland, DPM

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments call 978-929-6650. *Funded by Friends of the Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, November 8th and 22nd, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional, or health related questions. No appointment necessary.

DINING OPPORTUNITIES

FOR NOVEMBER.....REGISTRATION BEGINS MONDAY, OCTOBER 31st at 1:00

****Please sign up in the COA office for the following meals:**

► **Town Employee “Home Cooked” Luncheon**

Thursday, November 10th, 11:45

Staff from Municipal Properties, the West Acton Library and RJ Grey Junior High will be preparing chicken medallions with roasted vegetables. Dessert will be provided by Visiting Angels-Living Assistance Services of Littleton. A \$3 donation is requested. Please sign up in the COA office.

► **Inn at Robbins Brook Thanksgiving Lunch**


Tuesday, November 15th, 11:45

Join us for turkey and all the fixings. \$3 donation. Please sign up by November 8th.



► **Veterans Day Monthly Breakfast**

Friday, November 18th, 9:00-10:00

 Join us for a generous, warm breakfast prepared by the Acton Police Association! Veterans are invited to join us free-of-charge this month, thanks to the Friends of the Acton COA. Cost is \$2.00 for non-veterans. Call the COA by Wednesday, November 16th, for a reservation and please indicate if you are a veteran. At 9:30 Terry Stader, Acton's interim Veteran's Service Officer, will speak about various State and Federal benefits that are available to Veterans and their spouses.

► **Free Luncheon provided by Life Care Center of Acton**

Friday, November 18th, 11:45

Join us for a **free** lunch provided by Life Care Center of Acton. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with residents and deliver this meal to the Senior Center meal site. The menu is not known in advance, but it's always delicious! **For a reservation call the COA by Wednesday, November 16th.**

****Please sign up in the Dining Room with Joy for the following meals:**

► **Minuteman Lunches** are served weekdays at 11:45. Voluntary donation is \$2. To sign up call 978-263-5053 by 10:30 the day before. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

Birthday Lunch: Wednesday, November 9th

► **Indicates that you must register in advance!**

SENIOR CINEMA

Note: Due to the closing of local video stores, it may occasionally be necessary to make movie substitutions. You may call the office to confirm the selection on movie days.

Friday, October 28th, 12:30-2:00, “Beetlejuice,” (1998, PG) – Ghosts attempt to haunt their New England farmhouse to stop the new owners from making drastic changes in this dark comedy. Stars Geena Davis, Alec Baldwin and Michael Keaton.

Monday, November 7th, 12:30-2:00, “An Old Fashioned Thanksgiving,” (2008) – Helene Joy and Jacqueline Bisset star in this story of a woman struggling to raise her family after the Civil War and can't afford a turkey for Thanksgiving until her wealthy mother comes to town. This drama is based on a short story by Louisa May Alcott.

Monday, November 14th, 12:30-2:00, “Beautiful Dreamer,” (2006, PG) – In this dramatic romance, a WWII pilot is missing and presumed dead when his wife finds he's alive but suffering from amnesia. Stars Brooke Langton, Colin Egglesfield and Barry Corbin.

Friday, December 2nd, 12:30-2:20, “Trip to Bountiful,” (1985, PG) – Geraldine Page's Oscar-winning performance as an elderly woman yearning to see her hometown one last time, but she needs to outsmart her controlling daughter-in-law to do so.

Note: Due to Friday holidays, some movies will be shown on Mondays.



ONGOING ACTIVITIES

FOR NOVEMBER.....REGISTRATION BEGINS MONDAY, OCTOBER 31st at 1:00



► **Religions of the East with Professor Jason Giannetti**

Thursdays, October 27th and November 3rd, 1:00-2:00 *Call soon as registration began last month.*
Oct. 27 - Religions East and West Nov. 3 - America's Reception of Eastern Wisdom



► **Watercolor Studio Workshop with Cynthia Durost**

Wednesdays, through November 16th, 9:00-10:30 *(Class is full. Call for waitlist.)*



► **Watercolor with Sue Nordhausen**

Tuesdays, through December 13th, 1:30-3:00 (No class on Nov. 22nd) *(Class is full. Call for waitlist.)*



► **Art Fundamentals with Carol Bull**

Mondays, through October 31st, 9:30-11:00 *(Class is full. Call for waitlist.)*

► **Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas**

Friday, December 2nd, 10:00-11:00, Meet in the dining room

Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal or essays, come read your work to the group to receive feedback. Each meeting also has a particular focus, such as how to get started or finding your voice. Call to register if you are new to the group.

Genealogy Group

Friday, November 18th, 1:00-2:30

Share your research, seek some advice or just share your passion for family history. Beginners welcome!

“The Bookies”

Monday, November 21st, 1:00-2:00

This month the Bookies are reading the novel *Hotel on the Corner of Bitter and Sweet*, by Jamie Ford, which tells the story of Henry Lee, a Chinese-American in Seattle who comes upon something in the 1980s that takes him back to WWII and the impact of the Japanese internment camps. Copies of the book are on hold at the Memorial Library. You don't have to read the book to join the lively discussion!

► **Chair Massage at the Senior Center with Nancy Ames, licensed massage therapist**

Friday, November 18th, 2:30-3:45

Massages may include the back, neck, shoulders, arms, and hands (for those with arthritis). The \$15 fee for a 20-minute chair massage should be paid to Nancy with cash or check. Wear a long or short-sleeved t-shirt. Mark your appointment on a calendar as reminder calls are not always possible and **call the COA if you must cancel**.

► **SHINE (Serving the Health Information Needs of Elders)**

Mondays, 1:30-3:30

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

Computer Club

Fridays, no meetings in November due to the holidays

Wednesdays, November 2nd, 16th and 30th, 1:30-3:00

Everyone welcome from the novice to experienced computer user. Bring your questions and problems. Wednesday meetings will be self-directed while Fridays will continue to have a leader.

Please see the Monthly Calendar on page 11 for days and times of the following groups*:

Knit/Crochet Group	Poker (no poker in Nov.)	Tile & Board Games (no games 11/15)
Drop-in Pool	Quilting/Sewing Group	Drop-in Bridge Drop-in Watercolor

*Regularly occurring groups and drop-in activities are sometimes canceled due to space constraints. Please check the COA Calendar in the newsletter and on the town website to make sure your group is scheduled to meet.

► **Indicates that you must register in advance!**

EXERCISE

Exercise classes began in September. See the individual listing or call the office regarding space availability.

► **Acton Striders Walking Group** ****Additional Day/Time****



Wednesdays, November 2nd, 9th, 16th, 23rd, and 30th, 8:45-9:30 at NARA Park with Liz and/or Mondays, November 7th, 14th, 21st and 28th, 12:30-1:15 at the Senior Center with Judy
Join Health and Wellness Coordinator Liz Jewell on Wednesdays for a one or two-mile walk around the loop at NARA Park. Meet in the lower parking lot. Judy Peters will lead a one or two-mile walk on Mondays in the Senior Center neighborhood. Wear sneakers and bring some water.

► **"Stretch and Flex" with Terri Zaborowski**

(Class is full. Call about the waitlist.)

Mondays, through December 12th, 8:30-9:30

► **"Senior Cardio-Flex" with Terri Zaborowski**

Tuesdays and Thursdays, through December 15th, 8:30-9:30 (No class 11/24) (Space available. Call soon!)

or Wed. and Fridays, thru Dec. 16th, 8:30-9:30 (No class 11/11, 11/25) (Class is full. Call about the waitlist.)

► **"Senior Stretch, Flex, Tone and Cardio" with Terri**

(Class is full. Call about the waitlist.)

Tuesdays and Thursdays, through December 15th, 9:45-10:45 (No class 11/24)

► **Gentle Chair Exercises**

(Class is full. Call about the waitlist.)

Thursdays, through December 22nd 10:30-11:00 or 11:00-11:30 (No class 11/24)

► **Beginner Taoist Tai Chi with Ray Caisse and other Taoist Tai Chi Society instructors**



Tuesdays, through December 13th, 11:00-12:00

This class has begun. If you are interested in joining please see Chris in the office.

► **Continuing Level Taoist Tai Chi with Ray Caisse of the Taoist Tai Chi Society**



Thursdays, through December 15th, 11:00-12:00 (No class 11/24)

For those who know all 108 movements of the Taoist Tai Chi set, whether learned at the Center or elsewhere.

► **Zumba™/Toning Class - Join the Party!**

Fridays, through December 2nd, 10:00-11:00 (No class 11/11, 11/25)

This cardio-based workout tones the entire body using fast and slow paced Latin-inspired international music and dance steps. Toning blends body-sculpting and Pilates techniques with Zumba moves, creating a fun calorie-burning, strength-training class. Please wear sneakers, bring water and an exercise mat (if doing floor work)! This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations. A \$10 donation for the series is suggested.

► **Yoga Class with Patsy Brightman**



Thursdays, November 3rd, 10th and 17th, and Dec. 1st, 2:45-4:15 (No class 11/24)

This gentle form of exercise works the joints and muscles to increase flexibility, strength, balance, and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class will also include a period of deep relaxation and has an emphasis on wellness. Bring water and a yoga mat (if doing floor work) to each class. A \$10 donation for the series is suggested, per grant guidelines from the Executive Office of Elder Affairs, which is funding this program. *Patsy Brightman is a certified yoga instructor with many years of experience teaching yoga to seniors and is a retired Registered Nurse.*

► **Indicates that you must register in advance!**



Durable Medical Equipment Available to Loan: The COA has a variety of items such as canes, walkers and tub benches to borrow. We also have some less frequently needed items such as shoe horns and sock aids, so please give us a call. It's best to call Mary Lou weekday afternoons (except Wednesdays) at 978-929-6652 and please allow a couple of days to gather the equipment.

TRANSPORTATION

The COA Staff encourages all seniors to register with the LRTA Roadrunner van service. As our COA van gets busier we want to be sure that our riders have other options for rides. Please call the LRTA at 1-800-589-5782 or visit www.lrta.com for an application or call the COA and we can get one to you.



COA Senior Van runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

MinuteVan Dial-a-Ride Shuttle Service runs Monday-Friday, 8:00-11:00am and 3:15-8:15pm. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-10:30am. Rides are \$2 in town and \$4 out of town. Rides are anywhere in Acton and certain locations in Concord, Maynard and Boxboro.

LRTA Road Runner Van runs Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, on Fridays the Road Runner offers rides along Route 110 in Westford including Emerson Health Care Center and Market Basket. All rides must be scheduled at least 2 days ahead of time. You *must* be pre-registered with the LRTA. Forms are available at the COA or from the LRTA at 1-800-589-5782.

MinuteVan Commuter Rail Shuttle runs between the West Acton Fire Station lot on Central St. and the South Acton Commuter Rail Station. The service runs Monday – Friday, 6:45 AM to 9:24 AM and 5:10 PM to 7:24 PM. For information, contact Michele Brooks at: 978-844-6809 or visit www.minutevan.net to book online.

***NEW* MART Service to Boston** with daily stops at the Littleton Train Station to pick up riders who wish to go into the Boston/Alewife area. For more info on the shuttle times and cost call 1-800-922-5636 (press opt. 3).

Friendly Drivers Available to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. You must register with the COA by calling the Outreach Coordinator at 978-929-6652. We encourage seniors needing a ride within Acton, Maynard or Concord, 8-4, Monday through Friday, to use the COA or Road Runner van. If however, you need a ride not covered by our existing transportation please call the COA.

VOLUNTEER OPPORTUNITIES

Wheels on Meals Drivers: Make a world of difference to homebound seniors! Do you have one hour/week or even one hour/month to deliver a lunchtime meal to an older adult at home? Meals on Wheels drivers are urgently needed by seniors in town. Minuteman Senior Services helps older adults age gracefully and independently at home. To find out more visit www.minutemansenior.org or call 781-221-7023.

Join the Trend! - Get Your Newsletter by Email If you are comfortable with email, please consider getting your newsletter using email rather than through the postal service. For every household using email to receive the newsletter, the COA saves about \$6.00 a year. For more information or to switch to the email list call Judy at 978-929-6652 or email jpeters@acton-ma.gov. Thank you!

Thank You

... the Acton-Boxborough Rotary Club thanks everyone who participated in the Senior Barbecue. The Rotary hopes you enjoyed not only the food but having another opportunity to socialize with other seniors. Given the great turnout, they are planning to continue this traditional event. They especially thank the Boxborough Holiday Inn and Roche Bros., as well as Chris Chirokas of the Acton COA and Laura Arsenault, Boxborough COA. Submitted by Dave Birt for the Rotary Club of Acton-Boxborough
...to the Acton Public Nursing service for the delicious chicken stew we enjoyed last month.



HEALTH NEWS

Alzheimer's Disease Services

- **Alzheimer's Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.** 978-318-0046. Provides adult day health and Alzheimer's day programs.

Services Comparison Websites help you find and compare options for home health, hospital and nursing.

- Home Health Agencies – www.medicare.gov/HHCompare/Home.asp
- Hospital – www.hospitalcompare.hhs.gov
- Nursing Home – www.medicare.gov/NHCompare/Home.asp

Healthcare Websites

- **Alzheimer's Association**, www.alz.org/carefinder for recommendations and questions to ask care providers.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org.

Assistive Technology Website to post or look for items in New England go to www.getatstuff.org.

Minuteman Senior Services provides free in-home consultations. Call 888-222-6171 for more information.

Road to Recovery -Free transportation by volunteers and information for cancer patients. Call 1-800-227-2345.

OUTREACH & SUPPORT SERVICES

We are available to **Help You Find Resources** in the community to address many concerns related to aging. Call Bev, Outreach Coordinator, at 978-929-6652 for a confidential chat.

Handyman Program: Helps seniors with small repairs and simple household jobs.

Friendly Visitors: Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call Bev at the COA at 978-929-6652.

Food Pantries and Community Suppers: Call for a list of local area suppers and pantries. The **Acton Food Pantry** at 235 Summer Rd., Boxborough is open Wednesdays 10:00am-7:00pm except that it is closed on the 4th Wednesday of every month. Registration (ID and one bill with your name and address) required first visit.

Home Care Services: Please call the COA if you have questions on how to obtain home care services.

Minuteman Senior Services, our State Home Care, can be reached at 1-888-222-6171.

NSTAR Program for Low Income Customers: Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

SNAP - Supplemental Nutrition Assistance Program offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit www.mass.gov/dta.

► **Safety Sand for Seniors** is preparing to resume for this winter. Safety Sand (salted Highway Dept. sand) is delivered in a 3 gallon plastic pail to your home by volunteers from the Acton Boxborough Regional High School. Call the COA at 978-929-6652 by November 10th to request sand and/or pail. Sand and/or pail with sand will be delivered to participants on Saturday, November 20th. There are a limited number of new pails so call soon.



Leaf Raking

Tuesday, November 1st, during school hours **Requests for raking is full.**

If you are scheduled for raking a responsible adult must be home on November 1st. Rakers will bring their own equipment whenever possible. All equipment loaned to rakers is the homeowner's responsibility. Leaves cannot be removed but can be bagged (provided by the homeowner) or raked to a designated area.

COA Resource Shelves

The COA has a new resource area that we encourage you to take a look at. Along with a selection of entertainment videos we have reading materials on a variety of health issues. Stop by the office and check it out!

AROUND TOWN...AND BEYOND

Acton Recreation Department is offering free Sunset Halloween Cemetery Tours at the Mt. Hope Cemetery on Central St. on Sunday, Oct. 30th and Monday, Oct. 31st, 3-5 PM. The guided tour with Bill Klauer begins at the cemetery chapel. The tour will be cancelled in the event of heavy rain. Saturday, December 3rd is the annual NYC Bus Trip. The unchaperoned day trip departs at 6:30AM from the Town Hall and returns approx. 11PM. The cost is \$59. Register online at www.acton-ma.gov/register or at the Town Hall. Additional Recreation offerings include show tickets, classes and other bus trips. For more information visit www.acton-ma.gov/recreation.

Mt. Calvary Lutheran Church Senior Lunch at 472 Massachusetts Ave.

Thursday, November 17th, 12:15 -1:30 Donation suggested. Reservations required. Call 978-263-5156.

Town of Acton Senior Work Program offers qualified seniors the opportunity to earn money to put toward their property tax bill. Seniors work at an hourly rate of \$13.35 for a maximum amount of \$1,000 per fiscal year. For more information call the Human Resources department at 978-929-6613.

Concord Players 51 Walden St. Concord

Thursday, November 3rd, 8:00pm **The Drowsy Chaperone Open Dress Rehearsal – \$5 donation**

Indian Hill Music, 36 King Street, Littleton. Visit www.indianhillmusic.org or 978-486-9524 for information.

Bach's Lunch Concert - Thursday, November 17th, 11:00 and 1:30, Free admission.

From the Highway Department – Snow season is coming! A winter parking ban is in effect Nov. 1st thru April 1st. On street parking prohibited 1:00am – 6:00am. Please shovel the snow from the end of your driveway to the "downstream" side of the driveway. Sand and salt mixture is available at the Highway Dept. on Forest Rd.

Free Tickets to the Nutcracker

Saturday, November 26th, 6:00 pm, Acton-Boxborough High School The Commonwealth Ballet has generously donated 10 tickets for Acton seniors. Call or drop by the COA office for your free tickets (maximum two per person) beginning November 14th.

Acton 2020: Strategies for Act(i)on Meeting - Nov. 9th

The Acton 2020 Committee will hold a public meeting for feedback on the first draft of the CCP on Nov. 9th at 6:30 p.m. at the Parker Damon building. They will present recommendations on how to implement the plan. You are encouraged to attend the meeting and give your feedback. For more information visit www.acton2020.info or call the Planning Department at 978-929-6631.



The Salvation Army is recruiting Bell Ringers for the annual holiday fund drive mid-November through December 24th. Volunteer shifts are one hour and are canceled in bad weather. Paid ringers shifts are four hours and receive minimum wage. The red kettles are located at Donelans, KMart, Roche Bros. and Stop n' Shop. You may choose your location and hours. For more information call Dr. Mary Donald at 978-263-7855. Please consider helping this organization that helps so many...and it's fun to meet your fellow Actonians!

Important Time of the Year for Medicare Users

During the NEW Open Enrollment period (through December 7th), you have the option to change your coverage for next year. SHINE (Medicare) Counselors can help you understand your current plan as well as other options you may have. Our SHINE counselor is available Monday and Wednesday afternoons to review and make changes, if needed, to your Medicare plan. Don't wait until the last minute to schedule an appointment.



Daylight Savings Time Ends

Remember to set your clocks back 1 hour before you go to bed November 6th and also change your smoke detector batteries. It's also a great time to update your File of Life card. Stop by the COA if you need one.

FUEL ASSISTANCE

South Middlesex Opportunity Council (SMOC) Low Income Home Energy Fuel Assistance

Need help paying your heating bill? New applicants can call the COA at 978-929-6652 to set up an appointment for the fuel program which runs November 1 to April 30. All applicants must submit a copy of a current photo ID. Beginning this year, only award letters from Social Security can be submitted as proof of Social Security income (bank statements are no longer accepted). See below for income qualification for fuel assistance. Call Bev at the COA 978-929-6652 for more information or an appointment.

Household size

1

Maximum gross income (Call for income guidelines for larger families)

\$31,218*

2

\$40,824*

*Adjusted amounts from last newsletter

Emergency Fuel Assistance Fund - Managed by the Friends of the COA. Contact Sharon Mercurio at the COA at 978-929-6652.

Elizabeth White Fund

The trustees of the Elizabeth White Fund will be considering applications for the very limited funds available to those in need under the George Robert White will. Applications are available at the COA office, Acton Housing Authority, Town Clerk's Office and the Main Library in addition to the Town website, www.acton-ma.gov must be returned to the Town Clerk's office by 5:00, Monday, November 14th.



Religions of the East students pack the living room for class.



Gentle Chair Exercise participants work on getting a good stretch.



Art Fundamentals students watch as their teacher demonstrates.



Let's Laugh class practice some new laughter exercises.

November	Mon	Tue	Wed	Thu	Fri	2011
	31	1	2	3	4	
8:30-9:30 Stretch/Flex 9:30-11:00 Art Fundamentals - last 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:00 Registration Begins 1:30-3:30 SHINE		8:00 Freeport Maine Trip 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Class	8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:30-3:00 Computer Club 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:30-11:00 Balance Class 11:00-11:30 Balance Class 11:00-12:00 Continuing Tai Chi 1:00-2:00 Religions - Last 2:45-4:15 Yoga	8:30-9:30 Cardio Flex 10:00-11:00 Zumba ----- 5 9:00-12:00 Drive thru Flu Shots 10:00-2:00 COA Craft Fair	
7 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One-Stoke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 12:30-2:00 Movie 1:30-3:30 SHINE		8 8:20-11:00 Podiatry Clinic 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	9 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 9:45-11:45 Quilt /Sewing 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	10 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:30-11:00 Balance Class 11:00-11:30 Balance Class 11:00-12:00 Continuing Tai Chi 11:45 Town Employee Lunch 1:00-2:00 Medicare Talk 2:45-4:15 Yoga	11 COA CLOSED Veteran's Day	
14 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One-Stoke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 12:30-2:00 Movie 1:30-3:30 SHINE 1:30 Friend of COA Meeting 3:45 COA Board Meeting		15 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Thanksgiving Luncheon 12:30-3:00 Board & Tile Games 1:00-2:00 Queen Elizabeth 1:30-3:00 Watercolor	16 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class - last 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	17 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:30-11:00 Balance Class 11:00-11:30 Balance Class 11:00-12:00 Continuing Tai Chi 12:30-2:00 Resource Fair 2:45-4:15 Yoga	18 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 9:30 Veteran's Agent Talk 10:00-11:00 Zumba 11:45 LifeCare Luncheon 1:00-2:30 Genealogy 2:30-3:45 Chair Massage	
21 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One-Stoke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:00-2:00 Book Group 1:30-3:30 SHINE		22 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:15-11:45 Stress Relief Talk 12:30-3:00 Board & Tile Games	23 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	24 COA CLOSED Thanksgiving Holiday	25 COA CLOSED Thanksgiving Holiday	
28 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One-Stoke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:30-3:30 SHINE		29 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Class	30 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-11:00 Holiday Cards 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	Dec 1 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:30-11:00 Balance Class 11:00-11:30 Balance Class 11:00-12:00 Continuing Tai Chi 12:30-2:00 Grieving Program 2:45-4:15 Yoga - last	2 8:30-9:30 Cardio Flex 10:00-11:00 Zumba - last 10:00-11:00 Memoir Writing 12:30-2:20 Movie 1:00 Poker	

Drive-Thru Family Flu Clinic

Provided by the Acton Nursing Service

at the DPW, 14 Forest Road

Saturday, November 5

9:00AM to Noon

for Acton residents

Watch for details on how to register in October.

Bring your insurance card

No one will be denied vaccine



Outreach Coordinator – My name is Beverly Hutchings and I am pleased to have recently joined the staff at the Acton Council of Aging as Outreach and Volunteer Coordinator. My previous fourteen years of service to the Town was under the Acton Public Health Nursing Service. Working in the nursing department allowed me to recognize some of the needs the seniors in the Acton community. Call or stop by my office at the Senior Center with any questions, needs or concerns that I can help you with. I look forward to the opportunity of serving the Seniors of Acton.

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FROM THE FRIENDS OF THE COA

HOLIDAY FAIR

Acton Senior Center

Saturday, November 5th

10 am - 2 pm

Attic Treasures, Boutique, Jewelry,
Original Art Work, Designer Crafts,
Infant and Toddler Items, Café,
Baked Goods*



*Baked goods still needed. Please stop by the Senior Center or call Carol Lake at 978-263-7635 to sign up. Baked goods can be dropped off at Senior Center dining room Friday, November 4th, 1:00-3:00pm or Saturday, November 5th, 8:30-10:00am.



The Acton Council on Aging would like to thank the Massachusetts Office of Elder Affairs. Funding from the state's formula allocation is utilized in part for staffing and programs.



Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.



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Acton, MA 01720
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ACTON COA STAFF

Sharon Mercurio, Director
Judy Peters, Assistant to the Director/Van Dispatcher
Chris Chirokas, Program Coordinator
Bev Hutchings, Outreach/Volunteer Coordinator
Mary Lou Repucci, Staff Assistant
Priscilla Cotter, Van Driver
Ron Paskavitz, Van Driver
Liz Jewell, Health and Wellness Coordinator

ACTON COA BOARD MEMBERS

Barbara Tallone, Chair	Jim Papachristos
Charlie Aaronson, Vice Chair	Sally Thompson
Stephen Baran	Paul Turner
Ann Corcoran	Barbara Willson
Pat Ellis	

Acton COA Board will meet on November 14th @ 3:45
Friends of the Acton COA will meet on November 14th @ 1:30